



## Planning and Training

- Conduct needs assessment
- Establish and maintains communication and coordination with relevant organizations including local mental health authorities, public health entities, the Office of Emergency Management, and the Texas Critical Incident Stress Management Network.

## Response and Recovery

### Response

- Provide technical assistance to local mental health authorities.
- Deploy Texas Critical Incident Stress Management Network teams and additional counselors (if needed).

### Recovery

- Assist with grant funding applications and implementation.
- Continue providing technical assistance.
- Support long-term recovery efforts.

## Resources

### Phone Numbers

**Disaster Distress Helpline 24/7**  
Substance Abuse and Mental Health Services  
Administration Toll-free

800-985-5900

Or text TalkWithUs to 66746

**2-1-1: Option 8** or **211texas.org**

**Heroes First Responder Helpline**

833-367-4689

[sbmi.uth.edu/ace/helpline.htm](http://sbmi.uth.edu/ace/helpline.htm)

**Crisis Text Line, free 24/7:**

Text 741741

**National Suicide Prevention Lifeline**

800-273-8255

TTY: 800-799-4889

### Phone Apps

(iTunes & Google Play)

**Ask and Prevent Suicide**

Easy steps to preventing suicide

**Breathe2Relax**

Stress management tools and exercises

**Self-Help Anxiety Management**

Helps people manage anxiety



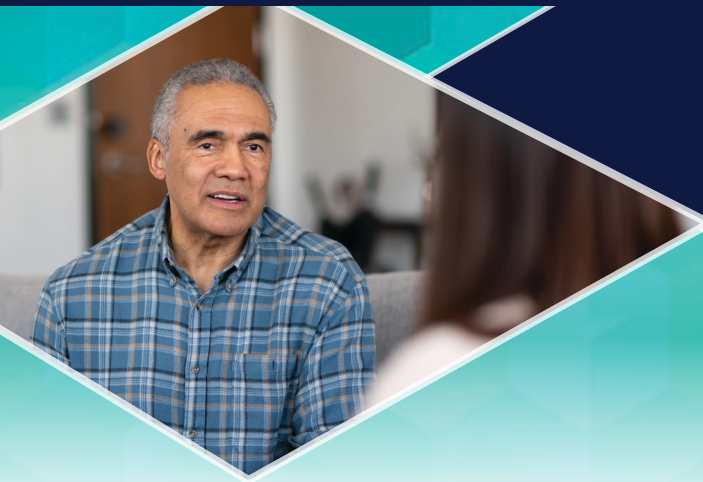
# Disaster Behavioral Health Services

**Disaster Behavioral Health Services**

512-206-5555 | [DBHS@hhsc.state.tx.us](mailto:DBHS@hhsc.state.tx.us)

[texashhs.org/dbhs](http://texashhs.org/dbhs)





The goals of Disaster Behavioral Health are to relieve stress, reinforce healthy coping strategies, mitigate future behavioral health problems, and promote individual and community resilience during and after a disaster.

Disasters include natural events such as hurricanes and tornadoes, as well as, human-caused events like mass shootings or terrorist attacks.

The stress and trauma people experience during these events can be pervasive and result in long-term behavioral health outcomes in a community.

Disaster behavioral health aims to provide services related to mental health, substance abuse, and stress management to people who have survived or responded to a disaster.

## Disaster Behavioral Health Services

- Coordinating the deployment of available disaster behavioral health resources, in response to State of Texas Assistance Requests, such as stress management and counseling services through trained disaster behavioral health staff and Texas Critical Incident Stress Management Network teams.
- Providing technical assistance, best practices, tools and psychoeducational materials for providers and responders in impacted communities during and after disasters.
- Preparing and submitting the state application(s) for the Federal Emergency Management Agency-funded Crisis Counseling Assistance and Training Program grants.
- Management of the Crisis Counseling Assistance and Training Program grant staff and providers to include federal compliance with training, funding and oversight of grant-related activities.

## Common Reactions to an Incident

- Depression and anxiety
- Heightened stress or fearfulness
- Feelings of intense grief and anger
- Difficulty focusing or making decisions
- Increased alcohol consumption
- Interpersonal conflict

## Healthy Coping Skills

- Acknowledge that reactions are common
- Talk about your feelings
- Spend time with friends and family
- Take care of yourself: rest, nourish and exercise
- Seek support and professional help, when needed

# Disaster Behavioral Health Services

The goals of Disaster Behavioral Health are to relieve stress, reinforce healthy coping strategies, mitigate future behavioral health problems, and promote individual and community resilience during and after a disaster.

Disasters include natural events such as hurricanes and tornadoes, as well as, human-caused events like mass shootings or terrorist attacks.

The stress and trauma people experience during these events can be pervasive and result in long-term behavioral health outcomes in a community.

Disaster behavioral health aims to provide services related to mental health, substance abuse, and stress management to people who have survived or responded to a disaster.

## Common Reactions to an Incident

- Depression and anxiety
- Heightened stress or fearfulness
- Feelings of intense grief and anger
- Difficulty focusing or making decisions
- Increased alcohol consumption
- Interpersonal conflict

## Healthy Coping Skills

- Acknowledge that reactions are common
- Talk about your feelings
- Spend time with friends and family
- Take care of yourself: rest, nourish and exercise
- Seek support and professional help, when needed

## Disaster Behavioral Health Services

- Coordinating the deployment of available disaster behavioral health resources, in response to State of Texas Assistance Requests, such as stress management and counseling services through trained disaster behavioral health staff and Texas Critical Incident Stress Management Network teams.
- Providing technical assistance, best practices, tools and psychoeducational materials for providers and responders in impacted communities during and after disasters.

- Preparing and submitting the state application(s) for the Federal Emergency Management Agency-funded Crisis Counseling Assistance and Training Program grants.
- Management of the Crisis Counseling Assistance and Training Program grant staff and providers to include federal compliance with training, funding and oversight of grant-related activities.

## **Planning and Training**

- Conduct needs assessment
- Establish and maintains communication and coordination with relevant organizations including local mental health authorities, public health entities, the Office of Emergency Management, and the Texas Critical Incident Stress Management Network.

## **Response and Recovery**

### **Response**

- Provide technical assistance to local mental health authorities.
- Deploy Texas Critical Incident Stress Management Network teams and additional counselors (if needed).

### **Recovery**

- Assist with grant funding applications and implementation.
- Continue providing technical assistance.
- Support long-term recovery efforts.

## **Resources**

### **Phone Numbers**

#### **Disaster Distress Helpline 24/7**

Substance Abuse and Mental Health Services Administration Toll-free  
800-985-5900

Or text TalkWithUs to 66746

#### **2-1-1: Option 8 Or 211texas.org**

#### **Heroes First Responder Helpline**

833-367-4689

[sbmi.uth.edu/ace/helpline.htm](http://sbmi.uth.edu/ace/helpline.htm)

**Crisis Text Line, free 24/7:**

Text 741741

**National Suicide Prevention Lifeline**

800-273-8255

TTY: 800-799-4889

**Phone Apps**

(iTunes & Google Play)

**Ask and Prevent Suicide**

Easy steps to preventing suicide

**Breathe2Relax**

Stress management tools and exercises

**Self-Help Anxiety Management**

Helps people manage anxiety

**Disaster Behavioral Health Services**

512-206-5555

DBHS@hhsc.state.tx.us

[texashhs.org/dbhs](http://texashhs.org/dbhs)